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Bangalore Mirror ON SATURDAY

TEMP Max 28 | Min 20 | Humidity 88% Generally cloudy sky with Light rain Sensex 64,781 | Nifty 19,189 | Gold 78,850 | Silver 71,250 | Dollar 82.03 | Euro 89.61 | GBP 103.50

CITY / PAGE 2

STUB IT OUT

Programme to train healthcare workers on tobacco use disorders

CITY / PAGE 6

WATCH YOUR HEAD

Most 2-wheeler riders in city are wearing helmets incorrectly

Repeated usage of footpaths by motorists leads to their early wear and tear, experts say, demanding restrictive infra such as bollards

PATH-BREAKING INVADERS IN CITY

As per IRC standards, footpaths must be at least 1.8 m wide

| Melvin Mathew
c-melvin.mathew@timesgroup.com

TWEETS @BangaloreMIRROR

Often recently developed footpath experiences wear down, a few months after construction. Motorists using footpaths to travel might be a key reason, experts say.

Motorists using footpaths to commute for short distances, especially near signals, is a common sight in the city. Experts feel that routine usage of these footpaths by motorists might be leading to early wear and tear. While often the primary accused is poor construction material, footpath riding might have a case as well, they told Bangalore Mirror.

According to data provided by Bengaluru Traffic Police, 3,100 cases of riding on footpaths have been booked under IMV ACT. In 2022, 18,144 cases were booked and 8,422 cases in 2021.

Civic experts feel that the problem lies with the bollard infrastructure being absent across the city. "It's undeniable that repeated use of footpaths designed for pedestrians will lead to wear and tear. Officials tend to place bollards on only one end of the footpaths. This leads to motorists parking on footpaths. However, the infrastructure

CONTINUED ON PAGE 10 »

> **"Cycle tracks and footpaths are not meant for pedestrians and pose a huge risk to them instead. BBMP looks after roads better than footpaths**
>
> — Rajkumar Dugar, C4C

How to paint the town green

Learn from Balaji Layout resident who has a goal: Plant 10,000 saplings in his ward

| Iffath Fathima
@timesgroup.com

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Harish S is a man on a mission. This 42-year-old resident of Balaji Layout of Hemmigepura ward, is committed to planting 10,000 saplings throughout the ward.

With this goal, he has launched the 'Manage Ondu Mara" (One Tree per House), where he procures saplings from the Karnataka Forest Department and organises weekly plantation drives in the neighborhood. So far, Harish has successfully planted over 700 trees in various areas such as Vajarahalli, Balaji Layout, 4th H block, Reshmanagar, Banshankari 6 stage, and more.

Harish goes the extra mile by also buying tree guards to protect the saplings. So far, he has spent around Rs 1.5 lakh to procure tree guards for the saplings he has planted till date. He said, "I started this project a year and a half ago, and once the residents agree to have a tree planted, we proceed with the plantation. I'm grateful that most residents are supportive and enthusiastic about having a

CONTINUED ON PAGE 12 »

3 THINGS TO DO

01 Magic bath

Experience the miracle of sound bath meditation in Bengaluru, which can help you relax and overcome stress and anxiety. Hear the sounds of the sea, birds chirping, rain showers, and more to induce deep relaxation that calms you. There will be waves of soothing, echoing sound vibrations from traditional instruments, and meticulously crafted metal tubes and plates will help release stress and fatigue. **Where: Justbe by Nidhi Nahata; When: Saturday, July 8; 12 pm–1 pm (morning), 2 pm–3 pm (afternoon), 6 pm–7 pm (evening)**

02 Exciting plays

The Bengaluru Short Play Festival (BSPF) is being organised by Pravara Theatre and Ashvagosha Theatre Trust, which aims to provide a platform for staging short yet impactful plays. This is the third edition of the festival and a total of seven teams have been selected for the finale. **Where: Prabhath KH Kalasoudha, Hanumanthanagara; When: July 2; 6 pm**

03 Handloom hour

The Grand Rajasthani Exhibition is all set to feature some of the collections of cotton and silk handlooms from Karnataka tie and dye dress material, Odisha sarees, and West Bengal cotton sarees. The variety of handlooms includes jewellery (silver, kundan, and meenakari), textiles, handmade paper, precious and semi-precious stones (gemstones), paintings, and more. **Where: White House, Sector 6, next to BDA Complex HSR Layout; When: July 1 to 9**

Break free from tobacco

NIMHANS brings certificate course to recognise public health problem of tobacco use disorders

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The Centre for Addiction Medicine under the National Institute of Mental Health and Neurosciences (NIMHANS) started a digital programme in January to enhance theoretical and practical knowledge of tobacco use disorder management among health care professionals. Even common citizens could be a part of the programme and learn how to overcome their addiction to tobacco. Since its start, the centre has already had 700 people enrol and participate in the basic programme of primer on tobacco cessation.

Studies say that tobacco kills one-third to one-half of all people who use it across the world. Nicotine, the principal constituent of tobacco, is highly addictive.

According to NIMHANS, health providers may also lack the motivation to undertake smoking cessation activities. Inadequate training in health care facilities and a lack of resources and government funding are factors that can impede health care providers from taking up tobacco cessation activities. Hence, the certificate course is designed to increase the professional skills in tobacco cessation among counsellors, dentists, physicians, and specialists.

So far, the department has come up with two modules. In the 'primer on tobacco cessation' programme, there will be three lessons on 12 topics each. The course is open to any knowledge seeker, and when completed, those who finish the course will get an e-module. A total of 772 participants took part in the module, and 200 were accredited. Once completed, the registered people get a certificate.

Dr Prabhat Chand, in charge of the NIMHANS Digital Academy and Centre for Addiction Medicine, said, "The objectives of this certificate module are to recognise the public health problem of tobacco use disorders and outline the principles of tobacco cessation. Tobacco use is a public health problem, and the main goals of this module are to learn more about its addictive potential and how to help users quit tobacco. The programme will also be helpful for health providers working in tobacco control, TB elimination, mental health, and non-communicable disease control programmes. Next is the advanced programme, Comprehensive Certificate Course in Tobacco Cessation."

There's also hybrid e-learning, and live real-life case discussion (weekly Thursdays, one hour) with a clinical team of NIMHANS in tele-ECHOs. The total duration is 30 hours for 3 months, with more intense and immersive learning.

The major focus of the tele-ECHOs programme is that the case-based learning will be on the real-life clinical management of a person or patient with nicotine use disorder (tobacco use). After the initial demonstrations, the participant will present the case during the live tele-ECHO weekly zoom session. Under the tele-ECHOs programme, over 200 individuals enrolled and 130 were accredited.

Dr Chand added that this programme is the identification and screening for tobacco abuse and tobacco use disorder and factors influencing it. To assess the severity of tobacco addiction by using an objective scale.

"Next, practice basic counselling, communication skills, and psychosocial intervention to prevent relapse, prescribe over-the-counter nicotine replacement therapy, and gain knowledge about other pharmacotherapies. And to help in the decision-making about what can be managed by them and what needs to be referred to. Participants that are healthcare providers like doctors, dentists, oncologists, psychiatrists, pulmonologists, counsellors, psychologists, nurses, etc., and Karnataka Tobacco Control Programme (DTCPs) have used this programme for capacity building," he explained.

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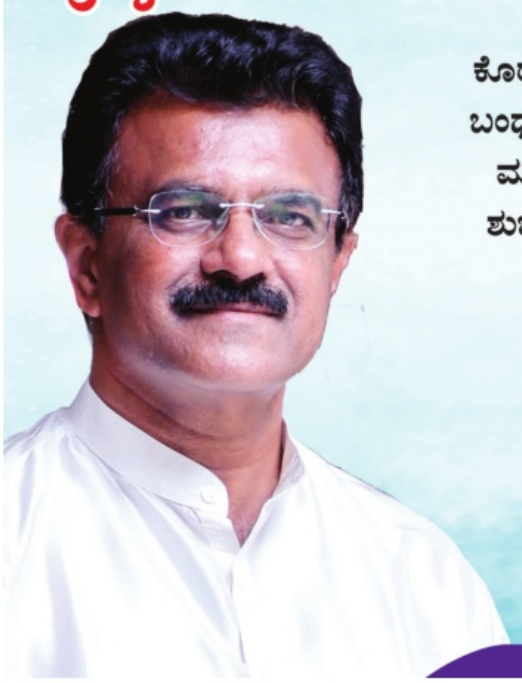
Purple line service curtailment for maintenance

Metro services will be curtailed on July 2 due to maintenance work between Trinity and MG Road Metro stations on the Purple Line.

To facilitate the work, there will be a curtailment of metro train services on the Purple line for a brief period of two hours from 7 am to 9 am between MG Road and Baiyappanahalli Metro stations. On all other sections, Kengeri and MG Road, Nagasandra and Silk Institute, Krishnarajapura and Whitefield (Kadugodi), trains service will start as per the schedule at 7 am from the respective terminal. — BMB

ನಾಡಿನ ಜನರ ಆರೋಗ್ಯ ಸೇವೆಯಲ್ಲಿರುವ ನನ್ನ ಎಲ್ಲ ವೈದ್ಯ ಬಂಧುಗಳಿಗೆ
ಹಾಗೂ ಇತರ ಎಲ್ಲ ವೈದ್ಯಕೀಯ ಸಿಬ್ಬಂದಿಗಳಿಗೆ
ವೈದ್ಯ ದಿನಾಚರಣೆಯ ಹಾರ್ದಿಕ ಶುಭಾಶಯಗಳು.



ಕೊರೊನಾದಂತ ಕಷ್ಟಕಾಲದಲ್ಲಿ ಮಾನವೀಯತೆ ಮೆರೆದ ವೈದ್ಯ ಬಂಧುಗಳು ಈ ಶತಮಾನ ಕಂಡ ಭೂಮಿಯ ಮೇಲಿನ ದೇವತಾ ಮಾನವರಾಗಿದ್ದಾರೆ. ಅವರೆಲ್ಲರ ಬಾಳು ಸುಖವಾಗಿರಲೆಂದು ಶುಭ ಹಾರೈಸುತ್ತೇನೆ. ಎಲ್ಲರೂ ಆರೋಗ್ಯವಾಗಿ ಬಾಳಲೆಂದು ದೇವರಲ್ಲಿ ಪ್ರಾರ್ಥಿಸುವೆ.

:ಶುಭ ಕೋರುವವರು :

ಡಾ.ವಿಶ್ವನಾಥ ಆಯ್.ಪಾಟೀಲ

(ಅರವಳ್ಳಿ) MBBS, EX MLA

ಮಾಜಿ ಶಾಸಕರು, ಬೈಲಹೊಂಗಲ

ಕೆ.ಎಲ್.ಇ. ನಿರ್ದೇಶಕರು ಬೆಳಗಾವಿ

ಮೊ.9972296899

Farmer booked for elephant electrocution in Karnataka

On Friday the owner of a farm in DB Kuppe range of Nagarhole Tiger Reserve in Mysuru district was booked for electrocuting an elephant to death. The elephant died in the early hours of Thursday. The police stated that the elephant was aged between 30-35 years and it died after coming into contact with electrical wire.

The accused was identified as Uday, a local farmer. Uday escaped from the village after the incident but was later identified and booked by the police.

The forest authorities booked a case against him under Sections 9 and 22 of the Wildlife Protection Act at the Antarasante police station.

Wildlife activists had raised a concern over the incident and demanded that the forest authorities should take action to protect elephants from getting electrocuted.

The electricity was supplied through solar power generation. Activists alleged that the electric fences were erected by the farmers by illegally taking the electricity connection.

Joseph Hoover, a wildlife activist said, "We are losing elephants frequently to electrocution in Karnataka due to rising human-animal conflicts. Farmers try to protect their crops and plantation by illegally drawing power from overhead lines and connecting it to the fence. Electrocution of an elephant, tiger, leopard, or bear, is an offence under the Wildlife Protection Act." — BMB

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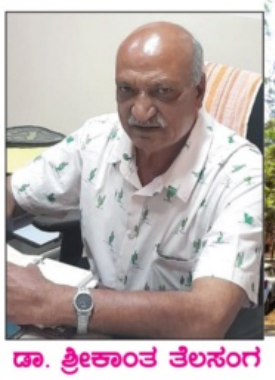

ಡಾ. ಶ್ರೀಕಾಂತ ತೆಲಸಂಗ
ಆಡಳಿತಾಧಿಕಾರಿ

ವೈದ್ಯರ ದಿನಾಚರಣೆ
ಶುಭಾಶಯಗಳು

ಆಸ್ಪತ್ರೆ ಸೌಲಭ್ಯಗಳು

* 20 ಬೆಡ್‌ಗಳ ಸುಸಜ್ಜಿತ, 24/7 ತುರ್ತು ಚಿಕಿತ್ಸೆ ಆಸ್ಪತ್ರೆ
* ಆಧುನಿಕ ಶಸ್ತ್ರಚಿಕಿತ್ಸೆ ವಿಭಾಗ, ಪ್ರಯೋಗಾಲಯ, ಔಷಧಾಲಯ
* ಕ್ಲಿಷ್ಟಕರ ಹೆರಿಗೆ ನಿರ್ವಹಣೆ, ಬಂಜೆತನ ನಿವಾರಣೆ ಕೇಂದ್ರ
* ಪ್ಯಾಪಸ್ಮೀಯರ್, ನೋವು ರಹಿತ ಹೆರಿಗೆ ವಿಭಾಗ
* ಅಲ್ಟ್ರಾಸೋನೊಗ್ರಫಿ, ಲ್ಯಾಪ್ರೊಸ್ಕೋಪಿ, ಹಿಸ್ಟೆರೊಸ್ಕೋಪಿ ಸೌಲಭ್ಯ
* ಸರಕಾರದಿಂದ ಮಾನ್ಯತೆ ಪಡೆದ ಗರ್ಭಪಾತ, ಕುಟುಂಬ ಯೋಜನೆ ಕೇಂದ್ರ

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ಐ ಬಡ್ಡೀ ಕಣ್ಣಿನ ಆಸ್ಪತ್ರೆ

1 ನುರಿತ ವೈದ್ಯರ ತಂಡ
ಅತ್ಯಂತ ಸೂಕ್ಷ್ಮವಾದ ಕಣ್ಣಿನ ಚಿಕಿತ್ಸೆಯಲ್ಲಿ ನುರಿತ ನೇತ್ರ ವೈದ್ಯರ ಸೇವೆ ಅತ್ಯಗತ್ಯ. ನಮ್ಮ ಆಸ್ಪತ್ರೆಯಲ್ಲಿ ಉನತ್ತ ತರಬೇತಿ ಹೊಂದಿ ಅನುಭವ ಹೊಂದಿರುವ ವೈದ್ಯರ ತಂಡ ತಮ್ಮ ಸೇವೆಗೆ ಲಭ್ಯವಿದೆ.

2 ಅತ್ಯಾಧುನಿಕ ತಂತ್ರಜ್ಞಾನ ಸೌಲಭ್ಯಗಳು
ಕಣ್ಣಿನ ತಪಾಸಣೆ ಮತ್ತು ಸೂಕ್ಷ್ಮವಾದ ಶಸ್ತ್ರ ಚಿಕಿತ್ಸೆಇಂದು ಇಷ್ಟೊಂದು ಸುರಕ್ಷಿತವಾಗಲು ತಂತ್ರಜ್ಞಾನದ ಕೊಡುಗೆ ಅಪಾರ. ಲೇಜರ್ ಪೊರೆ ಚಿಕಿತ್ಸೆಗೆ ಬೇಕಾದ ಸುಸಜ್ಜಿತ ತಂತ್ರಜ್ಞಾನ ನಮ್ಮಲ್ಲಿ ಲಭ್ಯ.

4 ಯೋಗ್ಯದರಗಳು ಮತ್ತು ಪಾರದರ್ಶಕಗಳು ಬಿಲ್ಲಿಂಗ್
ಕಣ್ಣಿನ ತಪಾಸಣೆ ಇರಲಿ ಶಸ್ತ್ರ ಚಿಕಿತ್ಸೆಯೇ ಇರಲಿ. ಎಲ್ಲ ಹಂತಗಳಲ್ಲೂ ಯೋಗ್ಯ ದರಗಳ ಮಾಹಿತಿ ಮತ್ತು ಪ್ರತಿ ಪಾವತಿಗೂ ಜಿಲ್ ನೀಡುವುದು ನೇಲದಂತೆ ಪಾರದರ್ಶಕ ವ್ಯವಸ್ಥೆ.

5 ಯೋಗ್ಯ ದರದಲ್ಲಿ ಕನ್ನಡಕಗಳು
ಉತ್ತಮ ವರೈಟಿ ಆಯ್ಕೆಗಳು
ಮಲ್ಟಿಬ್ರ್ಯಾಂಡ್ ಕನ್ನಡಕಗಳು
6 ತಿಂಗಳು ವಾರಂಟಿ
ಉಚಿತ ಸರ್ವೀಸ್

ಪ್ರತಿ ಬುಧವಾರ ಹಿರಿಯ ನಾಗರಿಕರಿಗೆ ಉಚಿತ ತಪಾಸಣೆ ನಡೆಸಲಾಗುವುದು.

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Peripheral Ring Road to get new boost

BDA prepares to call for tenders for the third time following two failed attempts

The state cabinet had previously approved construction of a 74 km Peripheral Ring Road

After several failed attempts, there is yet another hope to breathe new life into the much-delayed Peripheral Ring Road (PRR) by the Bangalore Development Authority (BDA). The PRR project had previously failed to attract any participation despite two tender invitations. Hence, BDA is now preparing to call for tenders for the third time.

Urban Development Minister Byrathi Suresh said, "The PRR is an essential project for Bengaluru as it holds the potential to decongest the city. Recognising the substantial investment required, we are exploring public-private partnership options to ensure the successful execution of this project."

However, concerns loom over the possibility of another lack of bidders. In such a scenario, it has been speculated that the BDA may take up the construction of the PRR itself. BDA's AEE R Suresh said, "If no bidders come forward during this attempt, the government will assume responsibility for executing the entire project."

The state cabinet had previously approved the construction of a 74 km PRR, following the build-operate-transfer model. The PRR project was first proposed on November 27, 2006.

Initially, there were discussions regarding funding through loans from the Japan International Cooperation Agency (JICA), but that idea was eventually discarded in favour of handing over development to a private concessionaire. The estimated cost of the project is Rs 23,500 crore, with Rs 2,599 crore earmarked for land acquisition.

Despite the challenges, the PRR holds immense potential for alleviating traffic congestion by connecting Tumakuru Road with Hosur Road. The eight-lane road will link key areas such as Hesaraghatta, Doddaballapur, Chikkaballapur, Hennur, Old Madras Road, and Hoskote. Initially planned for 65 km, the route was realigned to meet the NICE Road near Madvara, extending its length to 74 km.

The renewed interest shown by the BDA in the PRR has created a significant buzz in the property market. Realtors operating in the vicinity of the PRR are closely monitoring the progress of both the PRR and the six-lane road developments.

Vasanth Kumar, a realtor, said, "The state government is determined to prioritise the construction of the PRR which holds immense potential in alleviating congestion in Bengaluru city, especially on the Outer Ring Road. This strategic road link is crucial for decongesting Bengaluru, particularly Nelamangala Road, which forms a vital part of the Mumbai-Bengaluru corridor and experiences heavy traffic."

Currently, vehicles travelling on this corridor proceed until the NICE junction to access routes leading to Magadi, Mysuru, Kanakapura, Bannerghatta, and Hosur Road. Conversely, those heading towards Hyderabad, Kolar, Tirupati, and Sarjapur roads are required to take the Outer Ring Road via Goraguntepalya.

As the city continues to grow, the traffic on the Nelamangala-Goraguntepalya stretch is steadily increasing. "The construction of the PRR would offer an alternative route for all vehicles, diverting them away from Goraguntepalya," he explained.

Vasudev Gowda, another realtor, added, "The state government is wholeheartedly committed to advancing the PRR project. The successful completion of the PRR will not only alleviate congestion but also provide a significant boost to land development activities in and around PRR areas, thereby unlocking its potential for further growth."

-Prakash VL

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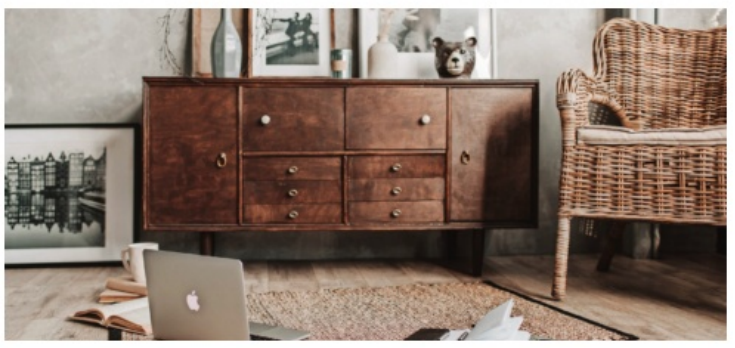
Protect wood from rain

While the rains don't only bring the temperatures down and make the environment pleasant, it also brings with it the desire to have hot pakoras with garam chai. And while you may enjoy the droplets of rain sitting by your balcony, your wooden furniture, especially the table on which you lazily place your hot cup of tea may not fancy the rain.



Control humidity, allow ventilation

The first and foremost thing that you should do to ensure your wooden furniture remains intact is to allow proper ventilation and not let humidity levels at your place go up as it can damage the furniture. "To maintain ideal humidity levels, utilise dehumidifiers or moisture absorbers. Furthermore, avoid positioning wooden furniture against walls because it hinders air circulation and might lead to moisture build-up," shares Anjum Jung, executive director, Morph Interior Designs.

Appropriate positioning, covering

"Wooden furniture should be carefully positioned to avoid direct exposure to the weather by placing it away from doors and windows. A minimal gap between the furniture and the external walls is recommended," shares Poornima Hareendra, vice president of design and development at a leading senior living community operator.

During the rainy season, you can also cover wooden furniture to avoid any damage caused by water or moisture. Jung mentions, "Waterproof covers made of materials such as polyester or vinyl can provide an effective barrier. On sunny days, remove the coverings and let the furniture dry to avoid moisture retention."

Using protective coatings

To avoid contact between moisture and wooden surface, a protective coating like lacquer and varnish can be used. One such material that can be used for coating is melamine. Sharing details about the same, Jung adds, "This specialised protective layer creates a barrier between the moisture-laden environment and the wood. This can minimise the risks of warping and swelling and other forms of damage due to moisture. Melamine coating shields the pores of the wood, thus preventing water from penetrating and causing any structural changes. It builds a water-resistant surface to safeguard the furniture from all the humidity effects, yet also maintains its natural finish. No matter what furniture it is – a bookshelf, dining table, or a chair, applying melamine can extend its lifespan."

Using moisture absorbents

"Moisture absorbents inside cupboards and storage, like camphor or naphthalene balls, also help absorb moisture from the clothes during monsoon. The lining of shelves and storage is also recommended," advises Hareendra.

-Times Property

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Animal instinct

It is time to rethink our relationship with other animals - especially at this crucial point in time. No doubt they do figure in the scheme of things that sustain life on the planet whether we like it or not.

It is immensely critical that we embrace a holistic stance sooner, that includes the rights of other living entities to the planet just as we enjoy it through our laws and such, when all ecosystems are, as we speak, being pummeled by extreme weather.

Perhaps the worst of the climate emergency's fallout are hurtling towards us at a rather considerable pace now. The animals, as per our scientific understanding based on research, have no clue of the phenomena that may prove critical to each species.

Not just wildlife, but those animals too that we have subsidised over the ages, are on the frontlines of this conundrum as much as we are. But seldom do we think for them or of them in a manner that they would like us to, if you like, or take into account our bonds with them and how those bonds have shaped them over centuries before jumping to rein them in in the modern urban and rural scapes in knee-jerk reactions inspired by bar-talk-standard social media rhetoric.

Stray dogs for instance or neighbourhood cats, feral pigeons, cattle and all such creatures, even rodents like rats in urban settlements, that have adapted over time to life alongside humans, are left on the wayside as species whose future is hanging in the balance. Why so? Because seemingly no one, especially the dominant entity which is you or I, cares.

In fact we humans are so self-obsessed busy telling each other how selfish each one of us is.

Illustrating the ludicrous nature of this dilemma that seems like the precursor to some sort of apocalyptic doom are two instances that have been in the news of late.

The so-called stray dog menace where hostile canines feel threatened in their own territory, bestowed to them by their masters, mounting attacks on the same masters, as some of these animals are now unnecessarily antagonised in specific scenarios.

Now what strikes as a paradox here is the case of stray canines in different settings: for instance in a city such as Bengaluru and in the neighbouring state of Kerala. The behaviour of the dogs in the two aforementioned settings is starkly different - in Bengaluru seldom are the strays violent whereas in Kerala they are often aggressive. This is a testimony to the changing evolutionary patterns of humans and human-subsidised carnivores in a societal setting. In the ensuing climate churn, a clear understanding of the aforesaid dynamic is key.

The second example is of wild elephants venturing into human settlements or rather to spaces that humans have encroached adjacent to elephant habitats.

At present we are scrambling to deal with so-called human-animal conflicts across geography. It is as though we are at war with animals, often portraying them as villains in the collective with no rhyme or reason whatsoever.

So the question, must we relook at the dynamics at play between us humans and animals, assumes greater resonance provided whole ecosystems are undergoing tremendous and perhaps unfathomable changes in a relatively short span of time triggered by the climate fallout.

Now to the elephant in the newsroom: The general penchant for spectacle in the country at the moment would not spare even the last of the gentle giants of the Western Ghats.

The aforesaid is abundantly evident from the spectacle being made of the poor creature, sadly, often having to stray into human settlements in search of food, whatever the reasons for it may be.

An expert told Bangalore Mirror that the anthropomorphic naming of elephants - such as 'Arikomban, Padayappa, Chakkakomban' and so on - point to the distorted approach we often adopt as far as other living entities are concerned.

No doubt, elephants are having a rather strenuous time across continents due to multiple factors, just as us humans. Most importantly the case in point of the so-called Arikomban is a decisive moment for both elephants and humans. In fact, truly bleak and blue for the elephant.

So perhaps at this juncture in such a regal animal's diminishing evolutionary history how insanely absurd is it to call it rogue? Elephants are not rogue. We are.

All of this pretty much sums up the gargantuan nature of the conflicts heading our way, fed primarily by the climate emergency and many allied local, societal, political and flawed policy level aspects feeding into each other. Instead of making television extravaganzas of these instances perhaps we must dwell into much needed deep thought that may provide us that tiny window to catch up with the climate fallout: indeed it is a minuscule window which is now seeming like a certain mirage.

Watch your head, 2-wheeler riders

88% of 1,21,098 bike riders use helmets, but only 34% of them wear it correctly

Bangalore Mirror Bureau
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Only 34% of Bengaluru's two-wheeler riders wear helmets correctly. According to an observational study on road safety risk factors conducted by the National Institute of Mental Health and Neuro Sciences (NIMHANS) and Johns Hopkins International Injury Research Unit (JH-IIRU), while as many as 1,21,098 two-wheeler users were recorded within Bengaluru Metropolitan Region between November 2021 and October 2022, only 34% of them were found to be wearing helmets correctly.

The roadside observation report, titled Road Safety Risk Factors, assessed the prevalence of three road safety risk factors: speed, helmet use, and seat-belt and child restraint use. The study revealed that while 88% of two-wheeler users wore helmets, only 34% wore them correctly. Moreover, only 16% of the pillion riders wore helmets correctly.

Overall helmet use is defined as strapped or unstrapped use of a helmet of any type, while correct helmet use is defined as strapped use of a full-face or non-full-face helmet (but not a cap helmet). Experts call for urgent multi-sectoral interventions and strict implementation of helmet rules as mentioned in the Motor Vehicle Act of 1988.

"The observational study results identify the need to improve correct helmet use in Karnataka. We urge the Karnataka State Road Safety Authority to issue an official notification of the existing helmet-strapping law," said Nishit Patel, Research Associate at JH-IIRU.

According to Dr Gautham M Sukumar, additional professor, Department of Epidemiology, Centre for Public Health, NIMHANS, the need of the hour is to ban the sale of cap helmets which offer no protection to the head in case of an accident.

"As the data shows, the correct use of helmets is only 34%. Many two-wheeler users use non-standard helmets, especially cap helmets which offer no protection to the head in the event of a crash. As such, there is an urgent need to ban the sale of cap helmets and call for better interventions that improve the access to, and use of correct standard helmets in Karnataka," said Dr Sukumar.

> **Many two-wheeler users use non-standard helmets, especially cap helmets**
> – Dr Gautham M Sukumar, NIMHANS

Speeding Bengaluru

The roadside observation report, titled Road Safety Risk Factors, also highlighted the status of road safety risk factors and looked at as many as 1,72,164 vehicles on city roads to check the prevalence of speed and found that 30% of the vehicles were speeding more than the posted speed limits. When classified vehicle-wise, 44% of SUVs and 40% of sedans were found speeding. The mean speed in Bengaluru Metropolitan Region was found to be 52 kmph.

Additionally, only 66% drivers and 12% passengers were found wearing seat belts out of 96,198 cars. 2% of cars used child restraints.

Relief for RTCs, including leave for staff doing chemotherapy

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Many proposals made by the four Road Transport Corporations (RTCs) have been approved by the transport minister in a board meeting.

Among them is a sanction of special leave for a maximum period of six months to employees who are undergoing chemo/radiotherapy treatment on the advice of doctors. Additionally, in order to meet additional requirements of premier coaches and to provide competition to private operators, 44 non-AC Sleeper buses and four AC sleeper buses will be inducted to the fleet of Karnataka State Road Transport Corporation (KSRTC).

Consent has been given to start petrol bunk outlets with BPCL and HPCL who are selected via a tender process and to select 36 more petrol bunks on the available land of KSRTC through a new tender process. To increase commercial revenue of the corporation, 20 fully built trucks of 6-tonne capacity will be added to 'Namma Cargo' logistic scheme to facilitate transportation of parcel and courier. These trucks will also be used at depots and divisional workshops. The BMTC has been given permission to enter into MoU with banks to provide additional insurance packages to dependents of employees who die in an accident or sustain full/partial injuries to the body.

The North West Karnataka Road Transport Corporation (NWKRTC) is set to procure 20 non-AC sleeper and four AC sleeper buses. A request has also been made to invite tender for procurement of 450 electric buses on gross cost contract (GCC) basis. The Kalyana Karnataka Road Transport Corporation (KKRTC) is set to procure six non-AC sleeper buses, 550 diesel and 150 electric buses.

A spokesperson from the KSRTC said that all the corporations will request the government to provide permission for recruitment. The KSRTC is currently continuing recruitment of 3,745 crew and 726 technical staff through an already called advertisement and has requested additional recruitment of 1,433 driving staff and 2,738 technical staff. BMTC has requested recruitment of 2,000 conductors and 1,000 driver-cum-conductors. KKRTC, on the other hand, has requested recruitment of 1,773 conductors.

Students make Doctor's Day more special

School students wish doctors on day to honour them, present them roses and express gratitude

We have often heard of wishing our loved ones on their birthdays, but how about extending our wishes to doctors on Doctor's Day? For many years now, it has become a customary practice for scores of students to visit nearby doctor shops, hospitals, and nursing homes to wish the doctors on this special day. These students also present roses as gifts to the doctors and express their gratitude for their presence and dedication.

Karnataka Associated Managements of English Medium Schools (KAMS) General Secretary, D Shashi Kumar said, "For many years, it has been a tradition in Blossoms School to wish doctors on Doctor's Day. Doctors play an immensely significant role, but sometimes we tend to overlook the magnitude of their contributions.

Therefore, we aim to instill in our students the understanding of the vital role doctors play. Hence, we have assigned our students the task of visiting every doctor on their list and conveying their wishes. This year, we have instructed the students to compile a list of their family doctors, doctors in their neighborhood, as well as those consulted by their parents and grandparents.

After preparing this list, the students are required to visit these doctors, take appointments, and convey their heartfelt wishes. I believe this initiative helps us appreciate the efforts of doctors and brings a smile to their faces as well."

Sukruta R, an eighth-grade student, stated, "Doctors have always played an important role, but for our generation, they have emerged as our real warriors. During the Covid pandemic, it felt like a third world war, where the battle was fought not on a physical battlefield, but within the confines of hospitals. In this war, the enemy was an invisible virus, and the doctors became the true warriors. These doctors, along with other healthcare professionals, worked on the frontlines, risking their lives to save ours.

We have witnessed many doctors who didn't even go home initially, as they were tirelessly treating patients. Unfortunately, some doctors even lost their lives in their selfless service, contracting the deadly virus.

Merely expressing gratitude is not enough to acknowledge their contributions. Hence, we believe that this initiative of wishing them is a wonderful way to show our appreciation."

Kalpana G, a tenth-grade student, shared, "Every year, I eagerly wait for July 1st. I have visited doctors many times, but usually when I am unwell. However, on this day, I get the opportunity to visit the doctor with a cheerful face. I don't need any injections or medications, but I can greet them with a smile and receive their happy smiles in return. It is a great initiative, and we hope to continue this tradition."

Krishnamurthy PN, a general physician, expressed his pleasant surprise, saying, "We are pleasantly surprised when we see students visiting us to convey their wishes. Often, we feel like unsung heroes, risking our lives to save patients. Many of us sacrifice our sleep to attend to patients whenever required. Therefore, receiving greetings on Doctor's Day is definitely a welcome gesture."

School officials state that this practice also fosters a bond between students and doctors. "During our interactions, doctors provide us with valuable tips on maintaining hygiene in schools and protecting ourselves.

This year, we have also created charts in consultation with doctors, addressing vitamin deficiency and ways to overcome it. These charts are distributed among students.

Besides extending wishes to doctors, we hope to spread the message of cleanliness and hygiene as well," said Roopkala, a student.

— Prakash VL

School children felicitate doctors on the occasion of National Doctors Day on Friday

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Dear doctors, are you prioritising your diet?!

How doctors can take care of their own health by eating right and on time

While doctors are the unsung heroes who selflessly serve the sick and ailing, they often face challenges such as extreme stress, fatigue, and anxiety due to heavy workloads and long hours. This not only leads to mental exhaustion but also results in nutritional imbalances. Doctors' meal times are often unscheduled, their meals lack balance, and they tend to eat whatever is available at the time. Suneetha Rao, Chief Dietitian at NU Hospitals, explains, "When this situation remains unaddressed for too long, it can contribute to various lifestyle disorders, including obesity, diabetes mellitus, and hypertension, to name a few. Many doctors' diet reviews reveal nutritional inadequacies and unhealthy meal timings. We must remember that good nutrition is irreplaceable when it comes to taking care of our own health."

So, dear doctors, it's time to prioritise your diets! "Start your day with a nutritious breakfast that includes sufficient proteins. Incorporate items like eggs, sprouts, or boiled lentils to sustain you until a late lunch break. A mid-morning snack of fruits, dried fruits, and nuts will boost your energy levels and provide essential antioxidants and fiber. Keep these healthy snacks readily available at your workplace and avoid fried snacks. Maintain a balanced lunch by including grains, vegetables, lentils, or lean meat. Opt for a variety of vegetables and consider adding fermented foods like curds or yogurt to your lunch. If you have a busy evening practice that extends until late hours, take a break and have an early dinner. Avoid eating dinner late at night, as research shows that it can increase the risk of hypertension, diabetes, worsen acid reflux, and contribute to abdominal fat. Hence, I urge doctors to dedicate time for exercise as well. On this Doctor's Day, we wish our superheroes a healthy journey ahead so they can touch even more lives," she said.

Dr. Geeta Komar, Senior Consultant-OBG at Kinder Hospital, expresses her deepest gratitude to fellow doctors, nurses, and healthcare professionals who tirelessly work day and night, often sacrificing their own well-being to ensure the well-being of others. "Together, they form an unbreakable chain of care, united by a common purpose. We encourage everyone to recommit themselves to the noble cause they serve, embracing innovation, empathy, and lifelong learning. Today, on Doctors' Day, I invite everyone to reflect on the immense responsibility they bear. It is a time to celebrate achievements and advancements in medicine while acknowledging the challenges ahead, such as the need for equitable access to healthcare, the pursuit of medical breakthroughs, and the ever-evolving nature of the field. Despite overwhelming challenges. As doctors, we are privileged to be the guardians of health," she added.

–Prakash VL

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Taking care of those who take care of us

Employees of stressful workplaces that include doctors and other healthcare workers are increasingly struggling with mental health challenges tied to their jobs, such as depression, anxiety and burnout.

When you think about jobs that can take a toll on mental health, some very demanding and stressful professions may come to mind. Doctors, nurses, soldiers and first responders, for example, often do suffer due to their regular contact with illness and death on the job.

Yet, we found that the tasks employees perform are often not what leads to their mental health degradation. Instead, an employer's culture and the way its jobs are designed play big roles.

This pattern can explain why poor mental health manifests in all lines of work, not just emotionally demanding jobs.

Employers have a choice. They can take steps to prevent mental health damage before it occurs, or they can deal with its aftermath.

Here are four steps employers can take to address the causes of poor mental health:

- Revise job descriptions. Employers should eliminate ambiguity, wherever that's possible, about core duties and responsibilities.

They should communicate with employees to ensure they understand why their jobs might require flexibility and adaptation. In times when workloads get unavoidably large, such as what happens at accounting firms in the weeks before Tax Day, employers should strive to balance long shifts with opportunities for employees to rest and recharge.

- Proactively train staff on the positive behaviors expected of them. Just as employers strategically plan which job-related skills are important, they can also strategically identify what interpersonal skills are important and value these like technical capabilities with hiring and promotions. If employees engage in bullying behavior, employers can retrain, reassign or fire them accordingly.
- Help employees build resilience. Research on police officers suggests that when they get resilience-building training before experiencing trauma on the job, it can reduce the risk of developing post-traumatic stress disorder.
- Don't assume that employees will speak up..

–Emily Rosado-Solomon (Babson College), for The Conversation

Post-Covid Healthcare Sector Witnesses Enormous Interest and Investment

Dr. Sampath Chandra Prasad Rao, an ENT/Otorhinolaryngologist, Otologist/Neurotologist, and Head and Neck Surgeon from Bangalore Head and Neck Sciences, said that in the aftermath of the Covid pandemic, there has been a significant surge of interest, which is a positive outcome despite the unfortunate circumstances. "One notable effect is the increased interest in public awareness, societal awareness, and institutional investment in the healthcare sector. Over the past year or two, we have witnessed substantial spending in both the public and private sectors, at the state and central government levels, approximately 10 percent higher than the pre-Covid years. However, this investment should not solely focus on infrastructure development; it should also foster an ecosystem that promotes research and development. As an entrepreneur, I have collaborated with a robotics company from the Netherlands to develop advanced robotic technologies for both front-end and back-end applications in healthcare. There has been a remarkable surge of interest in research and development from the industry, leading to a proliferation of inventions and discoveries in various medical devices that enhance the quality of surgeries and medical diagnoses. Overall, the exciting prospect is that the upcoming years hold tremendous buzz and significant investments in both infrastructure and research and development. This will undoubtedly result in a better healthcare system. We have witnessed the establishment of larger hospitals in the country, along with a rapid pace of acquisitions. These trends indicate a robust and flourishing medical and healthcare sector that is poised for growth. Over the next decade, the healthcare industry is projected to become the driving force, much like the IT sector was in the past. As a professional at the peak of my career, I am thrilled to be a part of this period of robust growth. It brings excitement not only for me but also for patients and society as a whole," he said.

Dr Ashwini

Dr Sampath

Dr Sunil Kini

Commenting on Doctor's Day, Dr. Ashwini G B, Chief Embryologist, Fertility Specialist & Scientific Director at Aspire Fertility Center, said, "Today, we celebrate the extraordinary selflessness, boundless compassion, and relentless pursuit of excellence that define every doctor. Their remarkable contributions have transformed countless lives, turning dreams into reality and bringing joy to hopeful parents. Through their unwavering support, unwavering compassion, and unwavering guidance, doctors have provided solace and hope to innumerable families and couples throughout their journey." Adding to this, Dr. Sunil G Kini, Senior Consultant in Orthopaedics and Robotic Joint Replacement at Manipal Hospitals, Old Airport Road, Bengaluru, said, "One of my most gratifying moments as a doctor was when I could get a 104-year-old gentleman to walk the very next day after performing a hip replacement surgery for a broken hip bone. Being in the evolving field of orthopaedics, innovation and technology go hand in glove. We should embrace them and utilize their services for the benefit of our patients. With the Robotic technology that we have obtained at our center, we aim to provide world-class healthcare with precision in performing Joint Replacement surgeries." **-Prakash VL**

Happy Doctor's Day
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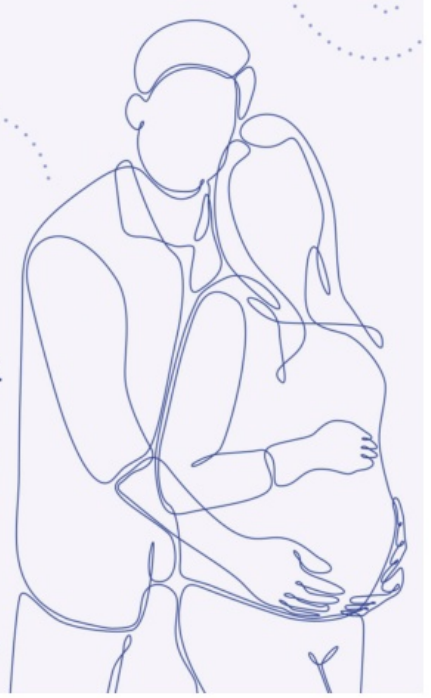

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Motorised marauders take over footpaths

CONTINUED FROM PAGE 1

is not uniformly installed as part of a city-wide plan. It has been placed in selective random locations. Without the completion of the infrastructure, pedestrians cannot be assured of their safety; if one part of the footpath is broken, it discourages pedestrians from using it," said mobility expert Ashwin Mahesh.

Civic activist Rajkumar Dugar said that it's a common scene in the city. "I have seen such instances on Raj Bhavan Road going towards Chalukya Circle. Cycle tracks and footpaths are not meant for

pedestrians and pose a huge risk to them instead. BBMP looks after roads better than footpaths. Roads used by vehicles experience wear and tear, and footpaths are no exception. Vehicles using footpaths should be penalised heavily by authorities. Additionally, scrapped and seized vehicles are parked by police on footpaths," he added.

Vinod Jacob of Namma Bengaluru Foundation said the bollards are missing at many places. "The entry and exit points should be protected by bollards. Building infrastructure without bollards is a recipe for its failure. There is no accountability for public expenditure. In most cases, the curbstones are missing allowing motorists to use the footpaths for riding," he added.

Jacob said that delivery partners of fast e-commerce platforms are also a major culprit. "These platforms must be penalised. Most of the violations, including footpath driving, are made by these partners," he added.

Infrastructure experts say that a 1.8-m wide footpath can take up to 2,750 pedestrians in an hour. "Footpaths are not designed for motor passage and cannot take much load. Continuous passage of vehicles can lead to wear and tear on the footpath. I have already written to several police stations to take cognisance of the situation. As per IRC standards, footpaths should be at least 1.8-m wide. The width is decided by the number of pedestrians using it in an hour," said an expert.

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CHANGE OF NAME

I,VANCHERY Shyamkumar Manasi Namboothiri D/O Shyam Kumar Vanchery Narayanan R/at Flat No K902, Mantri Tranquil, Gubbalala, Subramanyapura P.O, Bangalore, Karnataka - 560061 have Changed My Name From Vanchery Shyamkumar Manasi Namboodhiri to Vanchery Shyamkumar Manasi Namboothiri Vide Affidavit dated 27.06.2023. Sworn before Notary Onkarappa.N.R, Bengaluru

I, Manjula Sathish W/o Sathish Sidareddy R/o 139, Slv Nilaya,Green Glen Layout, Bellandur, B'luru-560103 Have changed my name to Manjula Yellappa Reddy Affidavit Dt.30/06/2023 Notary Harisha G, B'luru

I, Bhasamangappa.S R/o 14, Shree Bhasmangi Nilaya, Acharya Radhakrishna Road, Chikkabanavara, Bengaluru 560090 have changed my minor son's name from Jeevan.S.B to Jasvanth. S. B vide Affidavit No. IN-KA08668983246857V

I Srihari S/O, Raghavendra M R/o No.159, 3rd Main, Margosa Road, Malleshwaram, Bangalore 560003 have changed my name to Srihari Raghavendra for all purposes.

I Ilavarasan Magendran S/O, Na R/o No 72, 1st Cross Nagayyana Palya Sathya Nagar Bangalore North Bangalore - 560033 have changed my name to Ilavarasan Mahendran

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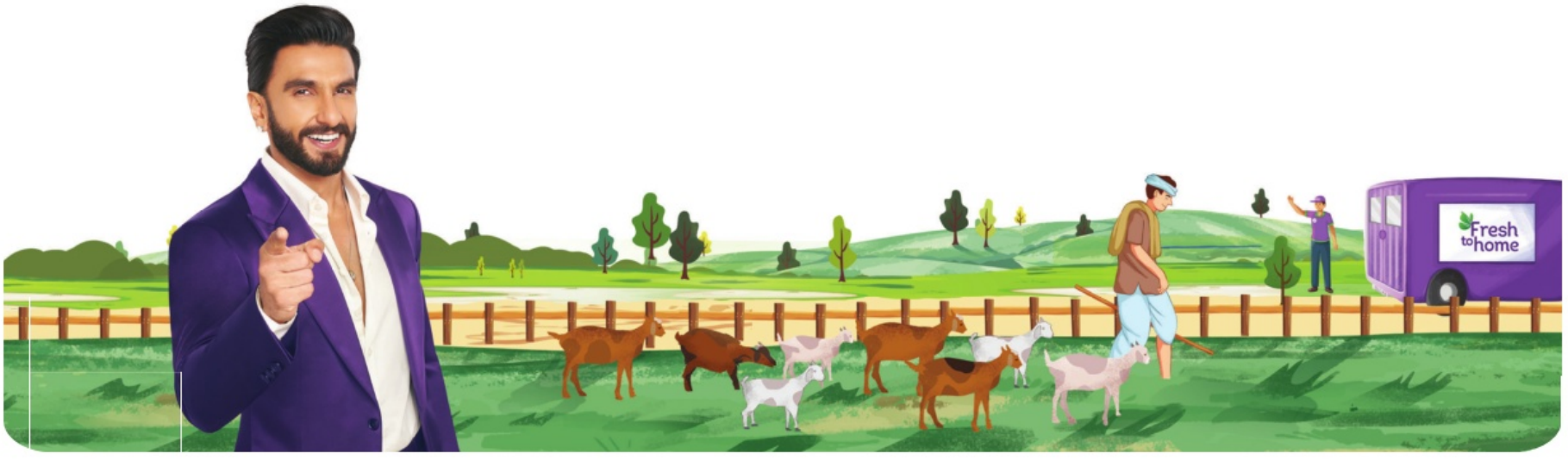

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HC raps, fines Twitter

The Karnataka High Court on Friday dismissed the writ petition of Twitter seeking to quash the central government's instructions.

Also, the High Court condemned the behaviour of Twitter for delaying to comply with the instructions of the central government and also imposed a Rs 50 lakh fine on the organization.

The fine should be paid to the Legal Services Authority within 45 days. The High Court has also warned that in case of failure to pay the fine, a fine of Rs 5000 per day will be imposed.

The central government had given instructions to Twitter organizations to block objectionable posts like fake news disturbing communal harmony. Otherwise, it warned of action under the Information Technology Act. But the central government's action was a violation of freedom of expression, said Twitter in a writ petition in the High Court.

Every person has the freedom to express his views. The lawyers for the Twitter organization had argued that if the instructions of the central government were followed, the freedom of expression would be threatened. **– ANI**

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FARNAZ

India gears up for semi clash with Lebanon

Captain Chhetri's focus on team development and challenge of tightly contested SAFF semifinal to be played in Kanteerava Stadium today

Abhijeet Kabad
mybangaloremirror@timesgroup.com
TWEETS @BangaloreMIRROR

SPORTS

Ahead of their semi final clash with Lebanon, the Indian team practises at the Kanteerava Stadium on Friday

In a press conference before the Bangabandhu SAFF Championship semifinals against Lebanon, Indian football captain Sunil Chhetri said, "We need to be better than Chhetri and Jhingan. That should be the motive. If we are going to produce another Chhetri or Jhingan, the team will be stagnant. With due respect to Chhetri and Jhingan, if we have to reach where we want to reach, we have to slowly and steadily build tempo and quality," said Indian football skipper Sunil Chhetri at the press conference

With a second-position finish in the group, after a draw match against Kuwait, India now faces Lebanon in the semifinals of the Bangabandhu SAFF championship. With skipper Sunil Chhetri scoring 5 goals in the 3 games of the group stages, he will play a key role in taking the blue tigers to the finals of the tournament. Having won 9 SAFF championships before, India is in contention for their 9th title contention.

India played Lebanon in the finals of the Intercontinental Cup last month, defeating them with a 2-0 margin. Sunil Chhetri addressing the media in the press conference said, "We are trying to stay calm. We are trying to recuperate in a short time. We are ready for the challenge."

Talking about the playing in front of the West Block blues and the atmosphere, he said, "I expect nothing less. We have been treated to outstanding support in the last few games. I'm sure Bangalore is going to turn up. We also got 2 different teams who are not part of the SAFF region to participate, it's not every day we get to see them. It's an added motivation for the crowd. It's going to be proper entertainment."

Igor Stimac again will not be taking the field due to a red card in the previous game against Kuwait. Talking about it, he said "Lot of preparation is done prior to the game. Of course, we want our boss to

be there on the sidelines. It's a team and the head coach has almost done all the preparations." He added that he does not think about the records, and the aim is winning the game against Lebanon.

Chhetri also added, "Playing against teams like Lebanon and Kuwait, we get an idea of who we will face. We will be playing the Indian Super League and Australia early next year, and Iraq in the King's Cup, which is a great test again. It gives an idea of the level and how we have to be ready. I'm happy we could call Lebanon and Kuwait for the SAFF Cup. It will be helpful for the Asia Cup."

"I expect nothing less. We have been treated to outstanding support in the last few games. I'm sure Bangalore is going to turn up – Sunil Chhetri

While talking about his team, he mentioned, Sandesh Jhingan and Rahim Ali will not be available for the game, with 2 yellow cards in the tournament. "The team is doing well. There are a lot of boys and kids who are maturing and becoming men. It is a mix of maturity and young ones," he said.

In the eight games that India and Lebanon have locked horns, Lebanon has won thrice and India has emerged winners twice, with three games ending in a tie. The semifinal game between India and Lebanon will kickstart at 7:30 pm in Kanteerava Stadium.

Green mission is possible if citizens take up job

CONTINUED FROM PAGE 1

sapling near their homes. The primary intention behind this effort is to bring a green transformation to our ward. I took this step to contribute to the well-being of our society and the environment simultaneously." After completing the plantation, Harish diligently visits the locations every week to ensure the saplings are thriving.

He explained, "After it is planted, it is generally the residents who come forward and take responsibility for the maintenance of the particular sapling." Harish then shares updates about his weekend plantation drives through the Balaji Committee Layout group, inviting fellow residents to join him. "Many residents willingly step up and offer their assistance to make our locality greener."

Talking about Harish's effort, some of the residents said, "Harish's dedication to planting trees in our neighbourhood is truly inspiring. He has taken it upon himself to make our ward greener. It not only enhances the beauty of our surroundings but also contributes to a healthier environment for us and future generations," said Ramesh T, a resident.

Another resident said, each time they pass by the trees planted by Harish, they feel a sense of pride and joy. "His dedication has made a significant impact, and I'm motivated to take better care of our environment," said another resident.

HEALTH TIP: Leafy greens like spinach, kale, and Swiss chard are packed with essential nutrients such as vitamins A, C, and K

Vegetables from the cruciferous family, such as broccoli, cauliflower, Brussels sprouts, and cabbage, offer excellent health benefits

BangaloreMirror | 13
Saturday, July 1, 2023
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WANT SIX-PACK ABS?

Why they are so hard to achieve – and maintain

Many people start going to the gym in the hopes of achieving what has long been seen as the holy grail of health and fitness: six-pack abdominal muscles (abs).

But as many people who have tried will attest – including celebrities, such as comedian Eric André – this can be far more challenging than expected. André even equated the experience of trying to achieve a six-pack with being like a full-time job in and of itself. There are many reasons why "getting ripped" is so difficult. It requires sustained hard work and a strict diet – and may also come at the cost of good health.

Getting ripped

In order to build any muscle, you need to regularly weight train in combination with eating a diet high in protein. Weight training works by promoting a process called muscle protein synthesis. Since proteins are the building blocks of our muscles, muscle protein synthesis ensures that new proteins are constantly being made to replace the old proteins which are broken down and removed.

Muscle protein synthesis is also increased when you eat a meal containing protein. But if you do some weight training beforehand, the increases will be larger and last longer compared with if you hadn't done any exercise. If you weight train and eat at least 20 grams of protein per meal, this maximises muscle protein synthesis. Over time, this enhanced response will allow your muscle to grow.

But this enhanced muscle building response to protein only happens in the muscles that have been exercised. So, if you want to achieve an overall muscular physique, that means performing a variety of different exercises that target all the major muscle groups. If you want to achieve a six-pack, you need to regularly do core and abdominal exercises.

But since the effects of weight training on muscle protein synthesis wears off after around 24-48 hours, you need to exercise the muscle group you're targeting at least every couple of days to maintain this elevated response. If you can do that over a period of weeks and months – providing you have also eaten sufficient protein – you will see noticeable changes in muscle size.

But if a visible six-pack is what you are looking for, however, training abs isn't the only thing you need to do. At the same time, you also need to reduce overall body fat to relatively low levels so that the abs are not hidden by the layer of subcutaneous fat that can sit between your muscles and skin. To lose body fat, you need to be in an energy deficit. This basically means you're burning more calories than you consume. This needs to be sustained for several weeks or months for meaningful fat loss to occur. But in order to "reveal" the abdominal muscles, you typically need a lower-than-average body fat percentage – between 5 per cent and 10 per cent body fat for men and 8 per cent and 15 per cent body fat for women. The typical healthy body fat percentage is between 11 per cent and 20 per cent for men and 16 per cent and 30 per cent for women.

> "in order to 'reveal' the abdominal muscles, you typically need a lower-than-average body fat percentage - between 5 and 10 % body fat for men

Trying to achieve either of those goals on its own is challenging. Doing both at the same time is even more so. While research shows it's possible to increase muscle size while being in an energy deficit, the work required may be more than most can maintain.

You need to have high volumes of exercise – training around six days a week and doing a combination of different workouts, such as whole-body weight training and high-intensity interval training. You also need to eat around three times the recommended daily amount of protein while in a calorie deficit. It's also incredibly difficult to sustain these habits psychologically. It requires a lot of time to achieve – meaning you may have to compromise time with friends or neglect other hobbies to achieve your goal. And, even if you do build a six-pack, maintaining it requires just as much continued hard work and dedication. This is because we start to lose muscle gains only a few weeks after we stop training our muscles.

Potential downsides

There may also be some potential downsides to trying to achieve six-pack abs – especially if you're trying to obtain these changes rapidly.

Trying to maintain very high volumes of exercise alongside an energy deficit to lose body fat can potentially lead to a condition called low energy availability. This condition is common in elite athletes and happens because the energy you're providing your body through diet isn't sufficient to sustain basic physiological functions.

It's thought that low energy availability can have psychological effects (such as irritability, poor concentration and low mood) and lead to various physical health issues, such as an increased risk of illnesses including as the common cold or flu, injury, poor bone health and irregular periods in women.

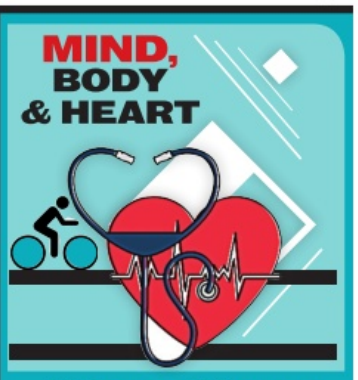
Low energy availability may also make resistance training less effective – meaning it will take longer to build muscle. So when trying to achieve your goal, make sure it isn't at the expense of your health and wellbeing.

Exercise for health

Of course, maintaining a good level of body fat and muscle has many benefits for our health as we age – including lowering risk of certain diseases and preventing frailty. But you don't actually need six-pack abs to be healthy and fit.

A mixture of regular moderate-intensity aerobic exercise for 150 minutes a week alongside a couple of strength-training sessions is recommended. If this still seems like too much, even just an hour of exercise a week is beneficial.

—By Richard Metcalfe (The Conversation)



All problems solved

Dear Coleen

I'm a woman in my 70s and divorced my husband years ago.
For the past 10 years I've been with someone else and, although we're very happy, we've never married. We never saw the need. My problem is an old wound from the past, which has come back to haunt me.
When I was married and my kids were young, I had a short lived affair. I got involved in this affair because I was lonely in my marriage. I knew my husband had been messing around with other women for a long time, but I felt trapped because I had two young children at the time.
My husband was quite cruel because he'd often invite these women to events and parties.
I left him once my kids were a bit older.
Anyway, he's nearly 80 now and clearly very bitter because he told our son and daughter that my affair is what led to our divorce. This is absolutely not the case.
My children seem angry and disappointed with me: it. Should I tell them what their dad was up to?

COLEEN SAYS

Yes, I do think you should be honest with your children. They're both grown-ups and I think the gloves are off now your ex has spilled the beans. You don't need to badmouth their dad or go into too much detail, but you can give them the facts.

I don't know why your ex would choose now to reveal this affair and try to score points by blaming you for the marriage ending. Maybe it's something to do with his milestone birthday coming up; maybe he feels some guilt and has regrets about the way he behaved, and he's projecting it all on to you.

He's definitely playing the "poor me" card. Your kids should also know you stayed in the marriage longer than you should have for them.

—Coleen Nolan, Daily Mirror

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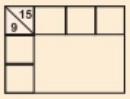
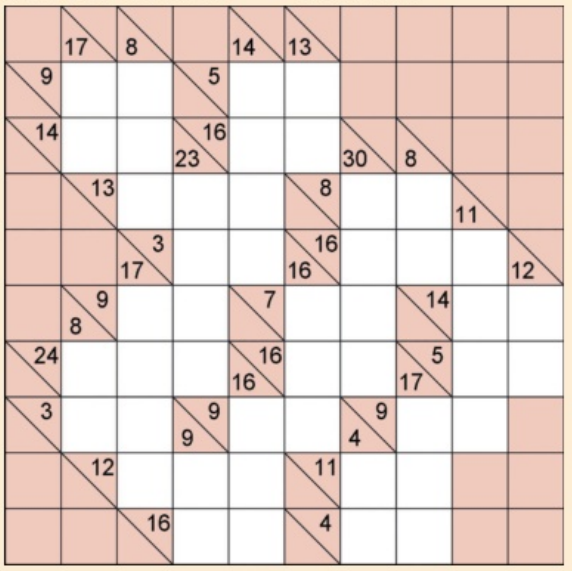
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

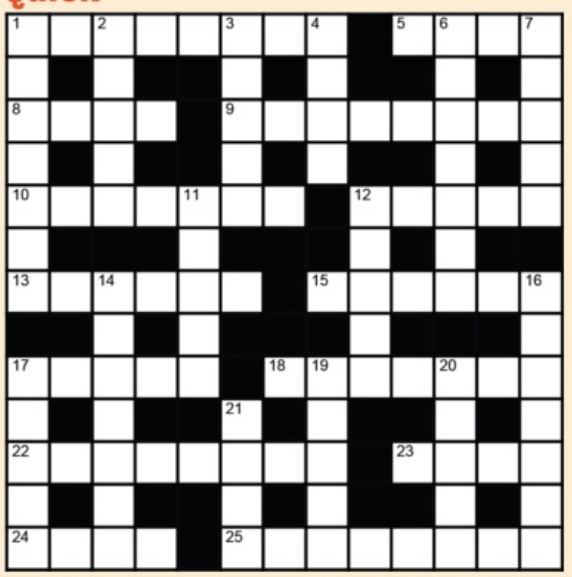


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Peer or lord (8)
5 Similar (4)
8 Applaud with the hands (4)
9 Was prominent? (5,3)
10 Exercise in vanity (3,4)
12 Sales pitch (5)
13 Decline or deny (6)
15 Long flat-bottomed boats (6)
17 Grades or levels (5)
18 Raise the value of (7)
22 Enjoying inflicting torture (8)
23 _ __ it : this is understood by me? (1,3)
24 American TV award (4)
25 Expressed forcefully (8)

DOWN

1 Form of energy (7)
2 Well done! (5)
3 Captain of Argentina's 2022 World Cup winning side (5)
4 Midday (4)
6 Realising, understanding or recognising (7)
7 Of birth (5)
11 Flowers of love (5)
12 Cut dramatically (5)
14 Park in Bangalore's Central Business District (7)
16 Having a pleasant odour (7)
17 Flavour; elegance (5)
19 Notches (5)
20 Period of darkness (5)
21 Indian wheaten flour (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: Y EQUALS G

MU DBP QXVPUWP LK Q GPWPUD DMZP ZQWBMUP, KMWDMLU JPZQMUV DBP ZLVD VDEJGC FPBMWSP KLJ FMVMDMUY LDBPJ PJQV.

Linemaro

When they ask me what I like best, I'll tell them it is you

Mindchow

Belief is what the mind does to fill up emptiness, to give it something to look at, to play with, to hide behind

Joke of the day

Q: Why do fish avoid the computer? A: They don't want to be caught in the internet

Loop

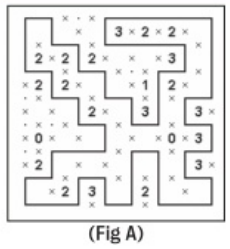
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

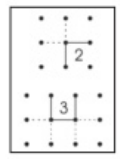
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

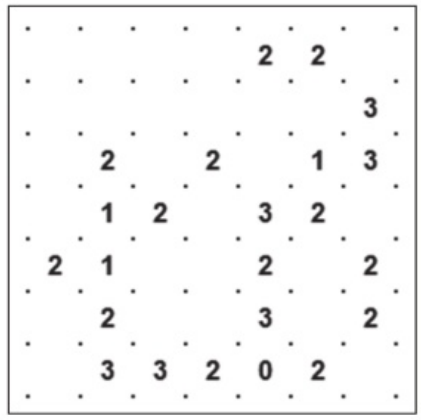
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



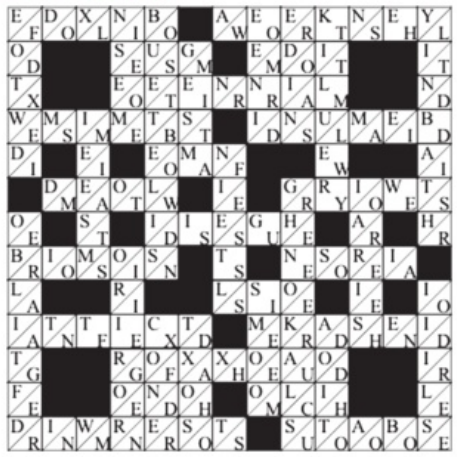
(Fig A)



(Fig B) Not Allowed



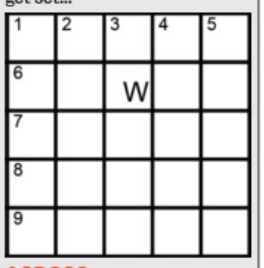
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

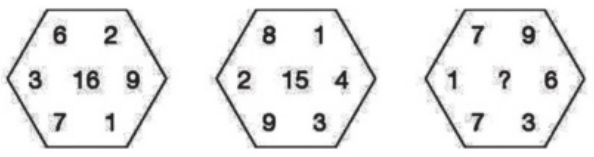
1 Cates; 6 We red; 7 Cig in; 8 Segni; 9 Gaped

DOWN

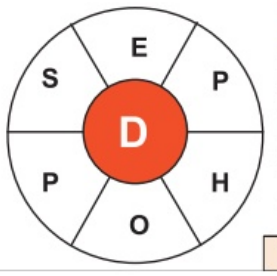
1 Scrip; 2 Ace I a; 3 Wings; 4 Genet; 5 Ed deg

Mensapuzzle

What number should replace the question mark?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

07 Average; **08** Good; **10** Outstanding

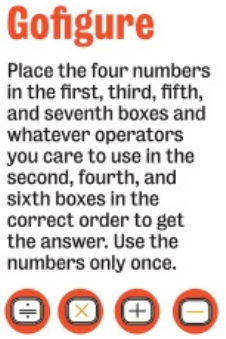
SudokuChallenge

		6		3		1		
			6		4			
2	7						4	3
	2	5	3		6	8	1	
				9				
	3	4	1		7	5	2	
3	8						5	6
			8		9			
		7		2		4		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Hocusfocus

Find at least six differences in details between panels.

Differences: 1. Cup is added. **2.** Ear is smaller. **3.** Hair is different. **4.** Sleeve is different. **5.** Mouth is open. **6.** Window into kitchen is wider.

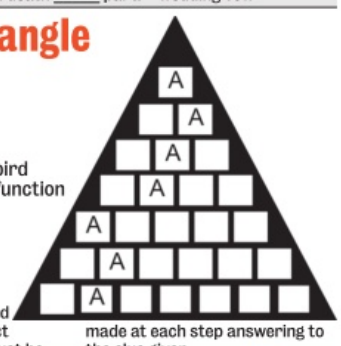
Riddler

Whenever a phrase or sentence becomes part of the common language, there is a strong possibility that it will be quoted inaccurately. Over the course of time, a letter gets shifted or a word is changed and forevermore the quotation becomes a cliche that nobody ever gets quite right. Try to complete each proverbial cliche:

1) "_____ is the root of all evil."–I. Timothy
2) "A penny for your _____."–John Heywood
3) "Till death _____ part."–wedding vow

Alpha triangle

1 Blood gr.
2 Bye!
3 Process leather
4 Sharp taste
5 Representative
6 Heavily built seabird
7 A trigonometric function



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

4-13
LAST CALL FOR SUPPER, REDEYE! IF YOU AREN'T HERE IN TWO MINUTES, I'LL FEED IT TO THE DOG!
FIRST TIME I EVER SAW A DOG HOP A FREIGHT TRAIN

Bizarrotrip

Diamond Lil

DID YOU HEAR ABOUT THE KLEPTOMANIAC ON THE DATING APP?
NO, I DIDN'T
HE SWIPED LEFT AND RIGHT
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Hart of the city

HEY, HEART. WOULD YOU... LIKE TO HAVE DINNER WITH ME AND IAN? SO YOU TWO CAN GET TO KNOW EACH OTHER?
YES! ABOUT TIME!
I WAS GIVING YOU YOUR SPACE SINCE YOU JUST STARTED DATING HIM, BUT IT'S BEEN MONTHS.
I'M VERY BEHIND ON HAZING HIM.
HEART OF THE CITY © 2023 ANDREWS MCMEEL
@COMICS.COM/HEARTOFTHECITY

Crankshaft

IS THIS YOUR NEW BOOK?
YES, IT'S CALLED 'MURDER AT THE BOOK CLUB.'
I GET IT.
THERE'VE BEEN SOME MEMBERS IN OUR BOOK CLUB THAT I'VE WANTED TO MURDER!
OHIOANA BOOK
BATIUK & DAVIS tombatiuk.com/books
4-20

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you can expect a big order from a new client, which will increase liquidity in your business. You are likely to meet an influential person who may help you grow your business. Your bond with the boss may become stronger, and you can expect some promotions due to your hard work. Your prestige may also increase now.

Taurus Apr 21 – May 20
Today, you are blessed by your elders, which may give you patience in your thought process. You are likely to be happy and calm. You may plan to visit a spiritual place to seek peace of mind. You may also donate some amount to a spiritual place for development. There may be some chances for overseas travel.

Gemini May 21 – Jun 21
Today, you may feel dull. You may also have some health issues that may likely affect your day-to-day work. You find yourself under mysterious fear, which may make you sensitive and emotional. You are advised to avoid rushing while driving and adventure tours. You are also attracted to the occult. Visiting a spiritual place and chanting mantras or prayers will give you some relief.

Cancer Jun 22 – July 23
Today, you may enjoy time with your family. You may spend some romantic moments with your spouse, which will boost understanding between you. You may likely spend money buying artifacts or household items to renovate your house. You may enjoy parties and events. You are advised to read documents carefully before making any investments in fixed assets.

Leo Jul 24 – Aug 23
Today, you may feel happy and energetic. You may explore and analyze yourself, which will give you confidence. You may likely be able to face any type of challenge, making you fearless and courageous. You are advised to be patient when making financial decisions in business. Lovebirds may enjoy their happy moments.

Virgo Aug 24 – Sep 23
Today is a good day for you. Your enthusiasm may be at its peak, but you need to regulate it. Self-analysis may help you gain confidence, which will increase your prestige in society. You will resolve many problems with the help of your communication skills. Investors are advised to avoid speculation before making investments. You may also plan for higher studies for a good career.

Libra Sep 24 – Oct 22
Today, you may not be able to enjoy your work life as well as your family life. You are advised to avoid arrogance and ego with your spouse, as it may affect your emotional bonding. Problems in partnerships are likely to be resolved. Singles are advised not to rush into making decisions related to marriage. With patience, you may come out of the messy situation.

Scorpio Oct 23 – Nov 22
Today, you may be able to successfully implement business plans with the support of your subordinates. You may be involved in social or family gatherings, which will boost your network. You may also go on short business-related trips, which will benefit you in the near future.

Sagittarius Nov 23 – Dec 22
Today is a good day, and your financial health is likely to be good. You may benefit from your past investments. You may have control over your spending on worthless items, which will boost your savings. Lovebirds are advised to be polite in conversations with their partners to avoid conflicts.

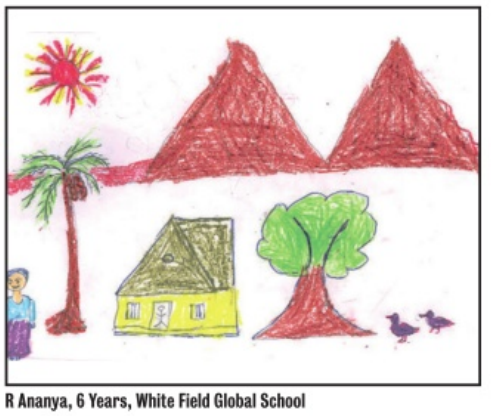
Capricorn Dec 23 – Jan 20
Today, you may be busy with issues related to siblings and relatives. You may plan to start a new venture with the help of your siblings and network. You may receive an order that will increase your family business. Your network may help you successfully complete your tasks. There may be some smart gains after a little effort.

Aquarius Jan 21 – Feb 19
Today is not a good day for you. You may be a victim of negative thoughts and impatience. Your arrogance may hold you back from making difficult decisions. Your life seems to be at a standstill, and you may need the blessings of your elders to come back from messy situations. You should avoid investing in dead assets. Lovebirds should avoid discussing worthless topics.

Pisces Feb 20 – Mar 20
Today, at the start of the day, you may not be focused on your work. However, with the help of elder's blessings, you may be able to regain control over this messy situation. You may easily find the resources that are important for the completion of the project. Your sources of income are likely to increase, and your losses may be converted into profits, which will boost your financial health.

KIDZONE

Lakshith Kiran, 7 Years, Ebenezer International School



R Ananya, 6 Years, White Field Global School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
$(1+1-1+1X1+1-2)^2 = (-1)^2 = 1$

BULL'S EYE
dope, dose, hoped, hopped, hosed, posed, shed, shod, SHOPPED, sped

RIDDLER
1) The love of money,
2) thought (singular),
3) us do

FAST FIVE

C	A	S	T	E
R	E	W	E	D
I	C	I	N	G
S	I	N	G	E
P	A	G	E	D

STRIKE OUT

D	I	M	N	E	S	S		S	T	A	B	S		
			O											
			L	I										
			I											
			O											

QUICK

N	O	B	L	E	M	A	N		A	K	I	N		

QUOTE UNCODE
In the absence of a decent time machine, fiction remains the most sturdy vehicle for visiting other eras.

MENSA PUZZLE
11. Opposite numbers are deducted then added.
6−1 = 5; 7−2 − 5; 9−3 = 6 = 16

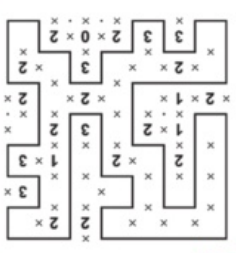
SUDOKU

4	9	6	7	3	2	1	8	5
8	5	3	6	1	4	9	7	2
2	7	1	9	5	8	6	4	3
9	2	5	3	4	6	8	1	7
7	1	8	2	9	5	3	6	4
6	3	4	1	8	7	5	2	9
5	4	2	8	6	9	7	3	1
3	8	9	4	7	1	2	5	6
1	6	7	5	2	3	4	9	8

ALPHA TRIANGLE
A, Ta, Tan, Tang, Agent, Gannet, Tangent.

GO FIGURE
8 + 4 + 2 + 7 = 21
Easy
9 + 2 + 1 − 4 = 8
Medium
9 x 7 + 5 / 2 = 34
Hard

LOOP



KAKURO

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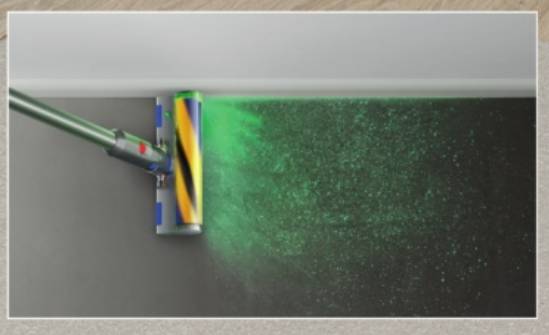

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